

## Louisville Awarded \$7.9 Million Prevention Grant

Louisville has received a \$7.9 million federal stimulus grant that will make more fresh fruits and vegetables available in neighborhoods that are underserved by grocery stores, improve bike trails and serve healthier school lunches.

The grant from the U.S. Department of Health and Human Services is the largest competitive stimulus grant the city has received. The money is part of the federal agency's *Communities Putting Prevention to Work* initiative and will go toward 23 strategies to promote healthy living. The Department of Public Health and Wellness will administer the grant.

“We'll be moving very, very quickly to implement the various strategies that are part of grant, said Public Health and Wellness Director Dr. Adewale Troutman. “This grant will give the people of our city more opportunities to be healthy and many more options from which to make healthy choices. The grant marks a dramatic extension of resources available for improving health,” Troutman said.

The 23 strategies cover a wide range of goals, including creating mobile grocers, encouraging breastfeeding and promoting healthy eating. Other money will help convenience store owners renovate and improve their stores to stimulate sales of healthy foods. Other funds will be spent on schools, including promoting physical activity and healthy eating, raising participation in school breakfast and lunch programs and reformulating recipes so they use less sodium and sugar.

Congressman John Yarmuth said. “This Recovery Act funding will go a long way toward building on the good work of Mayor Abramson and Dr. Troutman to curb the preventable illnesses that affect all our families and contribute to higher health care costs for everyone.”



## Other Strategies Funded by the \$7.9 Million Grant will:

- Increase availability of healthier food and beverage choices in public service venues.
- Increase student participation in national school breakfast and lunch programs.
- Expand local food distribution points.
- Support neighborhood-based projects for local producers and sellers in “food deserts.”
- Increase student input in food and beverage choices.
- Implement “menu labeling” for places that sell prepared foods.
- Conduct a “food fight” social marketing campaign, which will provide nutritional information about food choices.
- Increase support and standardize breastfeeding policies at hospitals where babies are born.
- Revise wellness policies in schools.
- Implement metro government workplace breastfeeding policies.
- Standardize physical activity in JCPS school-based afterschool programs.
- Increase public safety measures in Metro Parks.
- Increase access to Metro Parks and the Louisville Loop.
- Implement health impact assessments used to evaluate the potential health effects of a project or policy.
- Improve community policing in targeted communities.
- Institute an advisory council on food policy.
- Develop a master's degree program in public health and urban planning at the University of Louisville.
- Develop a communitywide media campaign to promote physical activity and improve nutrition.



Public Health and Wellness Director Dr. Adewale Troutman shows TV reporters a \$7.9 million check as city officials whose organizations will benefit from the grant look on. From left to right are Steve Tarver, YMCA; Vicki Welch, Metro Council; Manfred Reid, Housing Authority of Louisville; Marty Meyer, Congressman John Yarmuth's Office; Mary Lou Northern, Metro Parks; Dr. Sheldon Berman, Jefferson County Public Schools and Barry Barker, Transit Authority of River City (TARC).

## Health and Human Service Secretary Visits Louisville



U.S. Department of Health and Human Services Secretary Kathleen Sibelius meets with students at Wellington Elementary.

Shortly after awarding Louisville a \$7.9 million health prevention grant, the city's largest competitive stimulus grant, U.S. Health and Human Services Secretary Kathleen Sibelius came to Louisville on April 2 to visit with students at Wellington Elementary School.

At Wellington, Secretary Sibelius learned about the school's innovative nutrition and fitness initiatives and discussed how HHS' *Communities Putting Prevention to Work* initiative will expand local efforts to improve health and wellness. Secretary Sibelius was accompanied by Congressman John Yarmuth, Mayor Jerry Abramson and Public Health and Wellness Director Dr. Adewale Troutman.

At a discussion with student leaders Secretary Sibelius said, “I'm going to talk about Wellington School every place I go and tell people about the fine work you are doing here.” While in Louisville, Secretary Sibelius also stopped by Smoketown Dollar Plus. The store is a Healthy in a Hurry Corner store which is making fresh produce available to a neighborhood underserved by grocery stores. The \$7.9 million *Communities Putting Prevention to Work* will also fund more Healthy in a Hurry stores in Louisville.



Sibelius visits Smoketown Dollar Plus, a Healthy in a Hurry Corner Store. From left to right are Smoketown Dollar Plus owner Julie Kader, Secretary Sibelius, Congressman John Yarmuth, Public Health and Wellness Director Dr. Adewale Troutman and Mayor Jerry Abramson.



# From The Director's Desk



By Adewale Troutman, MD, MPH, MA

After more than a year of contentious debate, health care reform legislation has passed both houses of Congress and has been signed into law by the president. As president Obama himself said, this legislation is a first step toward comprehensive health care reform – it is not the final destination.

There is certainly much to like about the legislation. It will provide health insurance to more than 32 million Americans who are presently uninsured, and now about 95% of the American population will be covered. Insurance companies will no longer be able to bar children and adults with preexisting conditions. Lifetime maximums will now be a thing of the past, and insurance companies will no longer be able to drop your coverage if you become ill.

The new legislation also funds prevention. Over time, by 2018, all plans must offer preventative care with no co-pays and no deductibles. The new law also will fund local initiatives to reduce chronic disease rates in communities across America. It will fund initiatives to make healthier food and physical education available in our schools as well as initiatives to create an infrastructure for healthy living.

While the legislation is definitely a step in the right direction, we still have a long, long way to bring health equity to all segments of the American population. When babies in some racial and ethnic groups are dying twice as often as those in other groups, when there are more than 83,000 excess deaths per year among certain groups, and when death rates for members of some groups are nearly thirty percent higher than for members of other groups – then you know you have a problem in your society. The health care reform law does not go nearly far enough toward turning this ship around!

It is also difficult to see how the health of millions of Americans will not continue to take a back seat to the pocketbooks of shareholders in what continues to be a for-profit health care system. While the new law limits the amount that insurers can spend on administration, I do not believe that the health of the nation lends itself to be driven by the profit motive any more than does our need to be protected from foreign enemies.

Nonetheless, I applaud the president and the Congress for passing this very significant health care legislation. We will all be better off because of it!



Health Matters is the external newsletter of the  
**Louisville Metro Department of Public Health & Wellness.**  
400 E. Gray Street, P.O. Box 1704 , Louisville, KY 40201-1704, (502) 574-6520  
[www.louisvilleky.gov/Health](http://www.louisvilleky.gov/Health)  
**Jerry Abramson, Louisville Mayor and Louisville Metro Council**  
**Adewale Troutman, MD, MPH MA, Director of Health and**  
**William Altman, JD, Chairman, Board of Health**



Janice Cunningham and Dr. Mark Jorrich of Public Health and Wellness' MORE (Methadone Opiate Rehabilitation and Education) Center gave presentations on treatment for opiate addiction to a packed room of District Family Court judges, prosecutors and attorneys on March 26.

“The Family Court Clerk invited us to come over and explain to court personnel what we do at the MORE Center and just how strenuous our rehabilitation program is,” said MORE Center coordinator Janice Cunningham. “The meeting was a good opportunity for us to explain our program as well the most current medical literature on treating opiate addiction,” said Center Medical Director Dr. Mark Jorrich.

## MORE Center Meets with Family Court

Janice Cunningham and Dr. Mark Jorrich of the MORE Center meet with Family Court judges, prosecutors and attorneys.

The MORE Center is an outpatient program funded by patient fees and a federal block grant to the state of Kentucky. The facility provides medically monitored drug treatment and related counseling services to patients who are physiologically dependent on narcotic drugs such as Dilaudid, heroin, morphine and OxyContin.

The MORE Center includes a comprehensive, structured recovery program of counseling, education, medical care and case management. Patients are required to abstain from illegal and unapproved drug use. Through treatment, patients also reestablish family relationships and find meaningful employment.

## Food Inspectors on Guard at Derby Events

*Derby is a busy time of year for Public Health and Wellness food inspectors!*

In addition to making their normal rounds getting to each of Louisville's more than 3,600 food service establishments at least once every six months, this time of year they are also inspecting all temporary food vendors at events like Thunder Over Louisville, the Chow Wagons and the infield at the Kentucky Oaks and Kentucky Derby.

Each year Public Health and Wellness inspectors make more than 100 inspections for Thunder and another 28 for the Chow Wagons. They make 22 inspections at Derby events in Cherokee Triangle, at Thunder over Portland, at the Screaming Eagles event and the Water Tower Hole-in-One. They also make nearly 30 inspections of vendors at the Great Steamboat Race and at the Pegasus Parade. Race fans at Oaks and Derby can also rest assured that the Public Health Inspectors have made 70 inspections of food service vendors at each of the two events.



Food inspector Grace Ellis inspects a temporary vendor at Thunder Over Louisville.

In other news, all health departments in Kentucky, including Louisville Metro Public Health and Wellness will begin enforcement of an updated FDA Model Food Code on May 1. The code is based on current science and, among other things, strengthens staffing requirements for restaurants in relationship to food borne illness. For more information on the new food code go to [www.louisvilleky.gov/Health/Environmental](http://www.louisvilleky.gov/Health/Environmental).

## Healthy Start Seeking New Clients

The Healthy Start initiative will be recruiting new clients by means of bus shelter and billboard advertising. Radio ads will also feature present and past Healthy Start clients telling people how the program has helped them and urging pregnant women and moms with young children to enroll.

Healthy Start works with pregnant women and families with children under age two. Its goal is to reduce infant mortality and low birth weight babies in neighborhoods in west Louisville and Newburg. **For more information or to enroll, phone 574-MOM1, that's 574-6661.**

Give Your **BABY** a Healthy Start Before **It's Born.**

Call **574-MOM-1**

LOUISVILLE METRO PUBLIC HEALTH & WELLNESS

LOUISVILLE METRO HEALTHY START

The bus shelters, billboards and radio ads are scheduled to begin running in June.



# LOSE IT! LOUISVILLE



## City Promotes New Weight Loss Initiative

Coach Mozziz DeWalt (center) puts Public Health Director Dr. Adewale Troutman (left) and Mayor Jerry Abramson (right) through their paces at the Downtown YMCA.

Mayor Jerry Abramson and Public Health and Wellness Director Dr. Adewale Troutman are promoting a new weight-loss program named “Lose It, Louisville.” The citywide program is designed to help people eat healthier foods and become more active, with a goal of residents collectively losing 100,000 pounds by the mayor’s end-of-summer Labor Day Hike and Bike.

“I’ve been mayor for 21 years now, and when I started this job at age 38 I was a much slimmer guy with fewer gray hairs,” Abramson said. “Although I’ve always been active – first with running and now mainly biking — I’ve put on a few extra pounds. That’s why I’m committed to losing a few pounds, and I encourage our citizens to do the same.”

*Residents ages 18 and over can sign up for the program and track their weight loss while getting health and fitness tips at [www.loseitlouisville.com](http://www.loseitlouisville.com). People who join are eligible for weekly prizes, including bicycles and gift certificates to local groceries. People also will be e-mailed weekly tips for staying in shape. They can also learn about free fitness classes in Metro Parks and walks and runs for charity.*

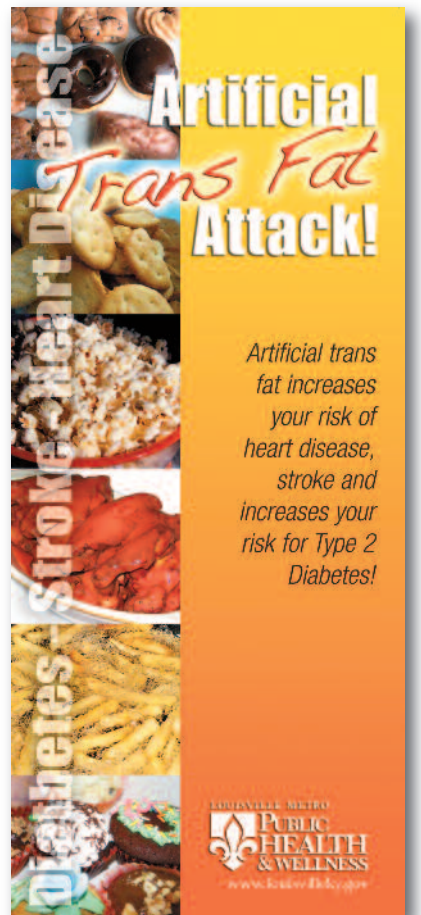
Public Health and Wellness Director Dr. Adewale said, “Our goal is to make the citizens of Louisville among the healthiest people in America.” The program is part of the Mayor’s Healthy Hometown Movement, an initiative now in its sixth year, to improve the city’s health.

Mozziz DeWalt, a Louisville resident who lost 100 pounds on the NBC reality show “The Biggest Loser,” has agreed to help promote the weight-loss program.

## Public Health and Wellness to Launch New Trans Fat Campaign

On February 17, Public Health and Wellness Director Dr. Adewale Troutman made the following recommendations to the Metro Council’s Health and Human Needs Committee regarding the control of artificial trans fat in food prepared in Louisville restaurants and bakeries.

- The Public Health and Wellness Department should embark on an expanded campaign to educate the public and the business community on the danger of consuming foods prepared with artificial trans fat. Such a campaign might include social marketing that would include television, radio and print advertising. The education campaign might also work with local business to find replacement trans fat free oils that can be used in food preparation.
- The Department should embark on a voluntary program to recognize those food service establishments that have decided to cease preparing food with trans fat. Such a campaign might include listing these establishments on a web-based trans fat free directory and awarding decals recognizing the establishments as “trans fat free” that would be displayed at the entrance of the restaurant or bakery.
- The Department should also conduct a comprehensive survey of every food service establishment in Louisville to determine which establishments are already trans fat free and which are not. This survey will give the community base-line data to determine the success or failure of a voluntary trans fat campaign.
- The Department will investigate the possibility menu labeling program for Louisville restaurants and bakeries.



## Mosquito Control Begins

*It’s that time of year again!*

Environmentalists from the Department of Public Health and Wellness are treating wet woods and other areas of standing water in the community to control mosquito populations that can spread such diseases as West Nile virus or St. Louis encephalitis. This time of year environmentalists are spreading time-release pellets that inhibit mosquito hatch-offs. Later in the year, they will be fogging to control adult mosquito populations.

Citizens can do their part to control mosquito populations by eliminating sources of standing water on their property. Get rid of old tires in the back yard that can hold rainwater. Change the water in birdbaths every couple of days. Make sure that the gutters on your house are not full of leaves so that they can drain properly. To report a mosquito problem, phone the mosquito hotline at 574-6641 or visit [www.louisvilleky.gov/health](http://www.louisvilleky.gov/health)



Environmentalist Matt Vanderpool spreads time release pellets to inhibit mosquito hatch offs and collects a water sample.

## If You Think Your Diabetes is Bad Now...

LOUISVILLE METRO  
PUBLIC HEALTH & WELLNESS

We Can Help...  
Call Us at  
**574-6663**  
[www.louisvilleky.gov/health](http://www.louisvilleky.gov/health)

The Department of Public Health and Wellness has launched a social marketing campaign to urge people with diabetes to contact Public Health and Wellness to find out how they can make lifestyle changes using classes and screenings offered by the Department. The campaign is using bus shelter, billboard and radio advertising.





## Walk on the Waterfront to be Held May 20

The Department of Public Health and Wellness and the Jefferson County Health Promotion Schools of Excellence will hold the thirteenth annual Walk on the Waterfront on Thursday May 20.

More than four thousand school children will join with Public Health and Wellness staff members on the two mile hike from in front of Public Health and Wellness Headquarters on Gray Street, through Louisville Streets and along the Ohio River in scenic Waterfront Park.

Participating schools include Churchill Park, Dawson-Orman, Eisenhower, Foster, Greathouse, Hazelwood, Indian Trail, Johnsonstown, Kerrick, Lowe, Semple, Shacklette, Shawnee High, Waller-Williams, Wellington and Wheatley.

The walk promotes walking as a fun, healthy activity for children and adults. It also honors the work of public health. We invite the public to join us. There will be free tee-shirts, mascots, music and healthy snacks. Phone 574-6525.

New this year will be a children's fair that will be held in Waterfront Park at the conclusion of the walk. The children's fair will feature jugglers, fire engines and non-competitive games.



## Men's Health Summit Slated for May 8

A Men's Health Summit will be held on Saturday May 8 from 9 a.m. to 4 p.m. at the Muhammad Ali Center located at 1444 N. Sixth Street in downtown Louisville. The event is free and men of all ages are encouraged to attend.

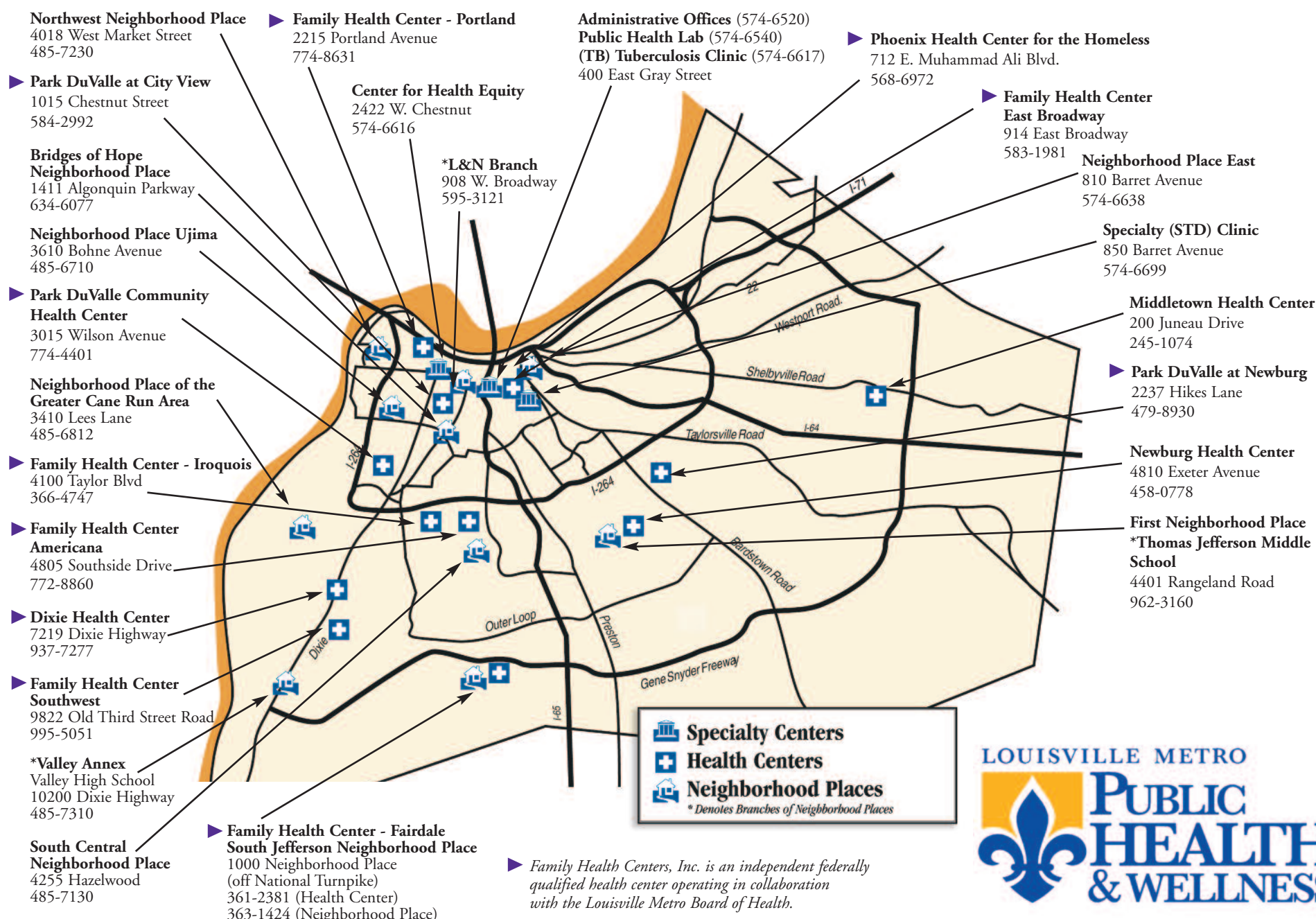
The keynote speaker of the summit will be **Dr. A.J. Franklin**, author of *From Brotherhood to Manhood – How Black Men Rescue Their Relationships and Dreams from the Invisibility Syndrome*. The event will also include presentations by Dr. Adewale Troutman and Mozziz "Coach Mo" DeWalt. Louisville resident DeWalt was a recent contestant on the NBC reality show *Biggest Loser* where he lost more than 100 pounds.



Men attending the Health Summit will be able to take advantage of free health screenings. There will also be free haircuts, free massages and free childcare. Men who register by May 2 will be entered to win a 32-inch flat screen TV. Free TARC vouchers are also available. To register or to learn more about the Men's Health Summit, visit [www.louisville.gov/health](http://www.louisville.gov/health) or phone 574-6616.



## Public Health & Wellness Department, Family Health Center and Neighborhood Place Sites





# Health & Wellness Schedule

## DIABETES: SELF-MANAGEMENT SERIES

**Call 574-6663 to register!**

This is a four session series taught by Certified Diabetes Educators.  
Attendance at all sessions of the series is strongly encouraged.  
Please arrive at least 15 minutes early for the first class.  
The Diabetes Series is FREE!

**Douglass Community Center** - 2305 Douglass Blvd.

**Thursdays – 5:00pm to 7:00pm**

- Thursday, May 6th: Diabetes Types, High and Low Blood Sugar, Sick Days
- Thursday, May 13th: Diet and Exercise
- Thursday, May 20th: Diabetes Pills, Insulin, Preventing Complications (Pt 1)
- Thursday, May 27th: Preventing Complications (Pt 2), Foot & Skin Care  
Glucose Monitoring & Standards of Care

**Highlands/Shelby Park Library** - 1250 Bardstown Road

**Tuesdays- 1:00pm to 3:30pm**

- Tuesday, June 1st: Diabetes Types, High and Low Blood Sugar, Sick Days
- Tuesday, June 8th: Diet and Exercise
- Tuesday, June 15th: Diabetes Pills, Insulin, Preventing Complications (Pt 1)
- Tuesday, June 22nd: Preventing Complications (Pt 2), Foot & Skin Care  
Glucose Monitoring & Standards of Care

**Shively Municipal Building** - 3920 Dixie Highway

**Wednesday – 1:00pm to 3:30pm**

- Wednesday, July 7th: Diabetes Types, High and Low Blood Sugar, Sick Days
- Wednesday, July 14th: Diet and Exercise
- Wednesday, July 21st: Diabetes Pills, Insulin, Preventing Complications (Pt 1)
- Wednesday, July 28th: Preventing Complications (Pt 2), Foot & Skin Care  
Glucose Monitoring & Standards of Care

## DIABETES SUPPORT GOUP

**No charge to attend and no registration is required.**

A partnership with the Jefferson County Cooperative Extension Service  
and the Louisville Metro Public Health & Wellness Diabetes Program.  
For people who have diabetes and their family and/or caretakers.

## Park DuValle Community Health Center

3015 Wilson Ave. - **2nd Thursday of Every Month - 9:30am to 11:00am**

- May 13:** Diabetes and Coping
- June 10:** How to Cook Spring Produce
- July 8:** Let’s Get Moving
- August 12:** Adjusting Recipes for Healthier Living

## Douglass Community Center

2305 Douglass Blvd. – **2nd Thursday of Every Month – 5:00pm to 6:30pm**  
May 13, June 10, July 8, and August 12

## New Youth Diabetes Support Group

Douglass Community Center – 2305 Douglass Blvd.  
Call 574-6663 for information on dates and time

## EXERCISE

Classes do not require registration. Call 574-6585 for more information on classes.  
All classes are FREE unless otherwise stated.

## LOW IMPACT AEROBICS

Department of Public Health & Wellness – 400 East Gray Street (FORUM)  
**Tuesdays & Thursdays - 5:00pm to 6:00pm**  
Gail Hart, Certified Instructor – Bring your own mat (25 cents per class)

## TAI CHI CLASSES

FREE Classes - Department of Public Health & Wellness  
400 East Gray Street (FORUM)  
**Mondays & Wednesdays - 5:30pm to 7:00pm**

## METRO PARKS

For free classes offered by Metro Parks, please call 574-6585 or visit their website at  
<http://www.louisvilleky.gov/MetroParks/News/2010/freefitnessclasses.htm>.

## YMCA of Greater Louisville

Call 587-9622 for more information.

## Dixie Manor YMCA – 6801 Dixie Highway

(Free child watch services available during these classes for 6 weeks to 14 year olds at this location only.)  
Latin Dance, Tuesday, 7:00pm – Full Body Flex, Thursdays, 7:35pm

## Berrytown YMCA – 1300 Heafer Road

Zumba, Wednesdays, 6:30pm to 7:30pm  
Forever Fit, Thursdays, 9:30am to 10:30am.

## Chestnut Street YMCA – 930 W. Chestnut Street

Mixed Aerobics, Mondays, 12:00pm –Zumba, Fridays, 12:00pm

# Breastfeeding Classes

**Call 574-5277 to reserve a space!**

All classes are FREE! The gold standard of infant feeding. Learn how to  
be successful at breastfeeding. Dates and Times are subject to change.  
A reminder call/card will be sent out to remind attendees.

## DIXIE HEALTH CENTER (English) 7219 Dixie Highway

Tuesday’s – 2:00pm to 3:30pm – May 18, June 15, July 20  
Call to Schedule Appointment – 744-1242 (Shannon)

## NEIGHBORHOOD PLACE EAST (English) 810 Barret Ave.

Tuesday’s 1:30pm to 3:00pm – May 4, Jun 1, Jul 6  
Call to Schedule Appointment – 541-2569 (Jenell)

## NEWBURG HEALTH CENTER (English) 4810 Exeter Avenue

Friday’s – 3:00pm to 4:30pm – May 14, Jun 11, Jul 9  
Call to Schedule Appointment – 544-3405 (Kallie)

## NEWBURG HEALTH CENTER (Spanish) 4810 Exeter Ave.

Tuesday’s – 11:00am to 12:30pm – May 18, June 15, Jul 20  
Call to Schedule Appointment – 541-9935 (Susana)

## BRIDGES OF HOPE NEIGHBORHOOD PL (English) 1411 Algonquin Parkway

Wednesday’s – 10:30am to 12:00pm – May 19, Jun 16, Jul 21  
Call to Schedule Appointment – 544-3405 (Kallie)

## NEIGHBORHOOD PLACE SOUTH CENTRAL 4255 Hazelwood Avenue

Monday’s (English) 5:00pm to 6:30pm – May 11, Jun 8, Jul 13  
Call to Schedule Appointment – 744-1242 (Shannon)

## L & N NEIGHBORHOOD PLACE (English) 908 West Broadway

Wednesday’s – 1:30pm to 3:30pm – May 12, Jun 9, Jul 14  
Call to Schedule Appointment – 541-2569 (Jenell)

## MIDDLETOWN HEALTH CENTER (English) 200 Juneau Drive

Thursday’s – 5:00pm to 6:30pm - May 13, Jun 10, Jul 8  
Call to Schedule Appointment – 744-1284 (Renee)

## FAMILY HEALTH CENTER FAIRDALE (English) 1000 Neighborhood Place

Wednesday’s – 10:30am to 12:00pm – May 19, Jun 16, Jul 21  
Call to Schedule Appointment – 744-1284 (Renee)

## FAMILY HEALTH CENTER PORTLAND (English) 2215 Portland Avenue

Friday’s – 2:30pm to 4:00pm – May 14, Jun 11, Jul 9  
Call to Schedule Appointment – 551-4384 (Nina)

# Community Evening Classes

## BABIES R US - 4623 Shelbyville Road

Tuesday’s 6:30pm to 8:30pm - Call for dates 896-9994 Ext. 4





# Mammograms

## BREAST CANCER SCREENING MAMMOGRAMS

By U of L Hospital, James Graham Brown Cancer Center

For women 40 yrs and older.

No cost to program eligible women without insurance. If you have insurance, Medicare, or Medicaid, U of L Hospital will bill that agency

Sponsored by: Louisville/Jefferson County Partnership in Cancer Control

- Seven Counties Bldg./Lyles Mall – May 8th**  
8:30am - 3:30pm - 2650 W. Broadway (40211)  
Scheduling#: 852-6318 (Kentucky Cancer Program)
- Churchill Downs/Backside Chapel – May 18th**  
8:30am - 3:30pm - Gate 5 off 4th Street (40218)  
Scheduling#: 852-6318 (Kentucky Cancer Program)  
*\*Spanish Translation Provided*
- Most Blessed Sacrament Church – May 22nd**  
8:30am - 3:30pm - 3509 Taylor Blvd. (40215)  
Scheduling#: 368-8211
- The Salvation Army/Center of Hope – May 25th**  
8:30am - 3:30pm - 911 S. Brooks Street (40202)  
Scheduling #: 568-6972 (Phoenix Health Center)
- St. Bernadette Catholic Church – May 28th**  
8:30am - 3:30pm - 6500 St. Bernadette Avenue (40259)  
Scheduling #: 339-0907
- First Virginia Avenue Baptist Church – June 4th**  
8:30am - 3:30pm - 3601 Virginia Avenue (40211)  
Scheduling#: 776-4806
- Hill Street Baptist Church – June 5th**  
8:30am – 3:30pm - 2203 Dixie Highway (40210)  
Scheduling#: 239-2846
- Planned Parenthood of Louisville – June 9th**  
8:30am - 3:30pm - 1025 S. 2nd Street (40203)  
Scheduling#: 584-2471 ext. 1235
- Coit Cleaners and Restoration – June 12th**  
8:30am - 3:30pm - 2703 Crittenden Drive (40209)  
Scheduling#: 636-1401
- Avenue Plaza/Lou. Housing Authority – June 17th**  
8:30am - 3:30pm - 400 S. Eighth Street (40203)  
Scheduling#: 569-3425
- Americana Community Center – June 19th**  
8:30am - 3:30pm - (Latino Health Fair) 4801 Southside Drive (40214)  
Scheduling#: 852-6318 (Kentucky Cancer Program)  
*\*Spanish Translation Provided*

# COOPER CLAYTON STOP SMOKING CLASSES



This program addresses all aspects of smoking and uses nicotine replacement therapy during 13 weekly, one-hour educational sessions. Registration is required.

**All Cooper Clayton Classes are FREE!**

**Begins May 14, 2010** – Fridays from 12:00pm to 1:00pm  
Kentucky Cancer Program – Brown Cancer Center  
Mint Jubilee, 529 S. Jackson Street, 1st Floor

**Begins May 27, 2010** – Thursdays from 12:00pm to 1:00pm  
Park DuValle Community Health Center – 3015 Wilson Avenue

**Begins July 1, 2010** – Thursdays from 6:00pm to 7:00pm  
Family Health Center Portland – 2215 Portland Avenue

# 2010 Louisville Farmers Market Directory

- Bardstown Road Presbyterian Church**  
1722 Bardstown Rd, 40205  
Thursdays, 4:30 pm - 6 pm  
Saturdays, 8 am - 12 noon  
April – December
- Beechmont Open Air Market**  
Beechmont Baptist Church  
4574 S 3rd St, 40214  
Saturdays, 8 am - 12 noon  
June 19 – September
- Broadway Baptist Church Farmers’ Market**  
4000 Brownsboro Road, 40207  
Saturdays, 8 am - 12 noon  
May 8 – September
- California Neighborhood Farmers Market**  
Victory Park  
22nd & Kentucky St, 40210  
Saturdays, 10 am - 2 pm  
June – October
- Crescent Hill Farmers Market**  
Crescent Hill United Methodist  
201 S. Peterson Ave, 40206  
Mondays & Fridays, 7 am - 10 am  
May 2 – October  
(Monday starts June 28)
- Gray Street Farmers Market**  
400 E Gray St, 40202  
Thursdays, 10:30 am - 2 pm  
May 20 – October
- Jeffersontown Farmers Market**  
10434 Watterson Trail, 40299  
Tuesdays, 3 pm - 6:30 pm  
Saturdays, 7 am - 12 noon  
May – October
- Jewish Family & Career Services Farmers Market**  
Corner of Dutchmans & Cannons Ln  
Sundays, 12:30 pm - 4:30 pm  
May 23 – October 31
- Mid City Mid-Week Farmers Market**  
Mid City Mall, Baxter Ave side, 40204  
Thursdays, 4 pm - 7 pm  
May 6 – October 28
- Middletown Farmers Market**  
Village Square Shopping Center  
11800 Shelbyville Rd, 40243  
Saturdays, 8:30 am - 12 noon  
May 29 – September 4
- Norton Commons Farmers Market**  
Norton Commons  
9420 Norton Commons Blvd, 40059  
Saturdays, 9 am - 1 pm  
April – November
- Okolona Farmers Market**  
Southern High School  
8620 Preston Highway  
Tuesdays, 4 pm - 7 pm  
June – October
- Old Louisville Farm Works Market**  
1143 S 3rd St., 40203  
Wednesdays, 3 pm - 6 pm  
June – October
- Phoenix Hill Farmers Market**  
Felice Winery Complex  
829 E Market St, 40206  
Tuesdays, 3 pm - 6:30 pm  
May 11 – October
- Rainbow Blossom Farmers Market**  
Rainbow Blossom Natural Food Markets  
3738 Lexington Rd, 40207  
Sundays, 12 noon - 4 pm  
May 16 – October
- Rowan Street Farmers Market**  
Habitat for Humanity  
17th and Rowan St, 40203  
Tues, Wed & Thurs, 8 am - 12 noon  
June 15 – October
- Smoketown/Shelby Park Farmers Market**  
Meyzeek Middle School  
828 S Jackson St, 40203  
Saturdays, 9 am - 12 noon  
June – October
- Southwest Farmers Market**  
Valley High School  
10200 Dixie Hwy, 40272  
Saturdays, 9 am - 1 pm  
June – October
- St. Francis of the Fields Farmers Market**  
St Francis of the Fields Episcopal Church  
6710 Wolf Pen Branch Rd., 40027  
Tues., 4 - 6:30 pm; Sat., 10 am - 1 pm  
June – October
- St. Matthews Farmers Market**  
Beargrass Christian Church  
4100 Shelbyville Rd, 40207  
Saturdays, 8 am - 12 noon  
May 15 – September
- Suburban Christian Church Farmers Market**  
Suburban Christian Church  
7515 Westport Rd, 40222  
Thursdays, 3 pm - 6 pm  
May 20 – October
- Westport Village Farmers Market**  
Herr Lane at Westport Rd., 40242  
Saturdays, 2 pm - 5 pm  
May 29 – October
- Whole Foods Farmers Market**  
Whole Foods Market  
4944 Shelbyville Rd, 40207  
Wednesdays, 3 pm - 7 pm  
April 22 - October

